

wellness in karlovy vary

Wellness in Karlovy Vary: Your Guide to a Revitalizing Spa Break

Are you dreaming of a rejuvenating escape, a place where you can truly unwind and reconnect with yourself? Then look no further than Karlovy Vary, a Czech spa town renowned for its healing waters and luxurious wellness offerings. This comprehensive guide dives deep into the world of wellness in Karlovy Vary, exploring everything from the historical significance of its mineral springs to the modern spa treatments available today. We'll uncover the secrets to finding the perfect wellness experience tailored to your needs, helping you plan an unforgettable revitalizing getaway.

The Healing History of Karlovy Vary's Waters

Karlovy Vary, or Carlsbad as it's known internationally, boasts a rich history intertwined with its therapeutic mineral springs. For centuries, people have flocked to this charming town nestled in the picturesque Czech countryside seeking relief from various ailments. The legend of its discovery dates back to the 14th century, and since then, the unique composition of its twelve springs has drawn visitors from across the globe. These springs, rich in sodium bicarbonate, sulfate, and other minerals, are believed to possess therapeutic properties beneficial for digestive issues, metabolic disorders, and various other health concerns. Understanding this historical context helps appreciate the profound wellness tradition that permeates the city today.

Exploring Karlovy Vary's Diverse Wellness Offerings

Beyond the historical significance, Karlovy Vary offers a diverse range of modern wellness experiences. Forget generic spa treatments; here, you'll find a curated selection designed to enhance your physical and mental well-being.

1. **Traditional Hydrotherapy:** The cornerstone of Karlovy Vary's wellness scene is its hydrotherapy treatments. These range from drinking the mineral waters directly from the springs (under medical supervision, of course!) to indulging in therapeutic baths enriched with the healing waters. Many hotels and spa centers offer customized hydrotherapy programs, tailored to individual needs and health conditions.

1. **Modern Spa Treatments:** Karlovy Vary isn't stuck in the past. Expect to find a plethora of modern spa treatments incorporating the healing waters alongside cutting-edge techniques. Think luxurious mud wraps using local peat, revitalizing massages incorporating aromatherapy, and innovative beauty treatments designed to leave your skin glowing.
1. **Wellness Retreats & Programs:** Numerous hotels and specialized centers offer comprehensive wellness retreats and programs. These packages often incorporate a combination of hydrotherapy, spa treatments, healthy cuisine, and fitness activities, creating a holistic approach to well-being. These programs cater to various needs, from stress reduction to weight management and detoxification.
1. **Beyond the Spas: Hiking and Nature Walks:** The beauty of Karlovy Vary extends beyond its spas. The surrounding countryside offers stunning hiking trails and nature walks, perfect for invigorating physical activity and connecting with nature. These walks offer a chance to breathe in the fresh air and appreciate the tranquility of the region, complementing your spa treatments beautifully.
1. **Cultural Immersion for Holistic Well-being:** Don't underestimate the power of cultural immersion on your overall well-being. Exploring Karlovy Vary's rich history and architecture, visiting its art galleries, and experiencing its vibrant cultural scene can contribute significantly to a holistic wellness journey. The town itself is a relaxing environment, contributing to a peaceful and rejuvenating experience.

Finding the Perfect Wellness Experience in Karlovy Vary

With so much on offer, finding the perfect wellness experience in Karlovy Vary requires a bit of planning. Consider the following factors:

Your specific health needs and goals: Are you seeking stress relief, pain management, or a general boost to your well-being? Choose treatments and programs tailored to your individual needs.

Your budget: Karlovy Vary caters to various budgets, from budget-friendly options to luxurious, all-inclusive retreats.

The length of your stay: A short weekend getaway can offer a taste of Karlovy Vary's wellness scene, while a longer stay allows for a more immersive experience.

Hotel and spa selection: Research various hotels and spa centers, reading reviews and comparing their offerings before making a decision.

Conclusion

Karlovy Vary offers a unique and unforgettable wellness experience, seamlessly blending history, nature, and modern spa treatments. Whether you're seeking relaxation, revitalization, or targeted therapeutic benefits, this charming Czech town provides the perfect setting for a rejuvenating escape. Plan your wellness journey meticulously, considering your individual needs and preferences, and prepare to be amazed by the transformative power of Karlovy Vary's healing waters and holistic offerings.

FAQs

1. Is Karlovy Vary suitable for all health conditions? While the mineral waters are generally beneficial, it's essential to consult your doctor before undergoing any hydrotherapy treatments, particularly if you have pre-existing health conditions.
1. What is the best time of year to visit Karlovy Vary for a wellness break? The shoulder seasons (spring and autumn) offer pleasant weather and fewer crowds, making them ideal for a relaxing wellness retreat.
1. Are there English-speaking therapists and staff in Karlovy Vary's spas? Yes, many spas and hotels employ staff fluent in English, catering to international visitors.
1. How can I find affordable wellness options in Karlovy Vary? Look for smaller, independently owned spas, or consider booking your treatments directly with hotels rather than through travel agencies.
1. What type of clothing should I bring for my wellness trip to Karlovy Vary? Pack comfortable clothing suitable for walking and hiking, as well

as swimwear for spa treatments. Don't forget comfortable robes and slippers for your relaxation time!

wellness in karlovy vary: Health and Wellness Tourism Patricia Erfurt-Cooper, Malcolm Cooper, 2009-07-27 Geothermal springs constitute a major tourism resource, providing spectacular settings, recreation facilities, a recognised value in treatments beneficial for health and wellness, a sense of heritage and adventure, and links with the natural environment. Health and wellness tourism accounts for a significant proportion of the world's tourism consumption, with components ranging from hot spring bathing for leisure and recreation, through mineral water use in health treatments under the supervision of highly specialised medical professionals, to water treatments in the wellness and beauty therapy sector and the use of mineral water for drinking purposes. This makes it an economically and socially important area of tourism demanding in-depth analysis. This book explores health and wellness tourism from a range of perspectives including usage, heritage, management, technology, environmental and cultural features, and marketing.

wellness in karlovy vary: *Wellness Tourism* Cornelia Voigt, Christof Pforr, 2013-11-20 Core values of society, health and wellbeing impact today on all aspects of our lives, and have also increasingly influenced patterns of tourism consumption and production. In this context wellness has developed into a significant dimension of tourism in a number of new and long established destinations. However, although it is consistently referred to as one of the most rapidly growing forms of tourism worldwide there still remains a dearth of academic literature on this topic. This book uniquely focuses on the supply side of wellness tourism from a destination perspective in terms of the generation and delivery of products and services for tourists who seek to maintain and improve their health. This approach provides a better understanding of how wellness tourism destinations develop and explores the specific drivers of that growth in a destination context and how destinations successfully compete against each other in globalised market place. A range of wellness destination development and management issues are examined including the importance of authenticity, an appropriate policy framework, delivery of high quality goods and services, participation of a broad range of stakeholders and the development of networks and clusters as well as collaborative strategies essential for a successful development and management of a wellness tourism destination. International case studies and examples from established and new wellness tourism destinations are integrated throughout. This timely volume written by leaders in this sector will be of interest to tourism and hospitality students and academics internationally.

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wellness in karlovy vary: **Wellness Culture** Stephanie Alice Baker, 2022-10-26 Stephanie Alice Baker traces the emergence of wellness culture as a trillion-dollar industry, situating the wellness industry in a historical and cultural context, examining how the internet has altered our relationship to wellness and the popular assumption that the internet has democratised knowledge and culture.

wellness in karlovy vary: The Wellness Bucket List Nana Luckham, 2024-10-08 This inspirational volume on wellness showcases ideas for replenishing the mind, body, and soul and is the latest addition to the bestselling Bucket List series. For anyone seeking calming and therapeutic wellness respites, this aspirational guide contains 1,000 travel ideas organized geographically. Every aspect of wellness and self-care is covered: rid yourself of negative energy in a sweat lodge in Mexico; unwind with yoga in a tree house cabin by the Caribbean in Tobago; harness the healing power of seawater in France; practice the art of forest bathing in Japan; go on a wellness cruise down the Mekong in Vietnam; engage in holistic healing therapies in a former Maharaja's palace in India; learn more about gut health and gastronomy in California; experience holistic healing arts in the Hamptons . . . the possibilities are endless. Entries are broken down into six color-coded categories to help readers personally create the ultimate wellness escape for their needs at any time. The six categories are: renew and recharge; relax and indulge; explore and thrive; reflect and connect; savor and nourish; heal and balance. This is the definitive guide for anyone interested in travel that enriches life physically, emotionally, and spiritually.

wellness in karlovy vary: Health, Hedonism and Hypochondria Ian Bradley, 2020-08-20 Delve into the history behind the glamorous baths and spas of Europe to reveal the hidden past of alternative treatments. Popular with people from Romans to royalty and hypochondriacs to holiday-makers, natural water spas have been a common feature in society since the first century. Even today, we periodically abandon the cities to 'take the waters'. In their heyday, Europe's spas were the main meeting places for aristocracy, politicians and cultural elites. They were the centres of political and diplomatic intrigue, and were fertile sources of artistic, literary and musical inspiration. The spas epitomised style and were renowned for their cosmopolitan atmosphere in a glittering whirl of balls, gambling and affairs, as much as for their healing waters. Health, Hedonism and Hypochondria reveals the hidden histories of traditional spas of Europe, including such well-known resorts as the original Spa in Belgium; Bath, Buxton and Harrogate in Britain; Baden-Baden and Bad Ems in Germany; Vichy and Aix-les-Bains in France; Bad Ragaz in Switzerland; Bad Ischl and Baden bei Wien in Austria and Karlovy Vary and Mariánské Lázně in the Czech Republic. At once luxurious sanctuaries of relaxation and resorts of the upper classes, these spas were also the haunts of melancholics, scoundrels and those seeking escape and excitement.

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wellness in karlovy vary: Health, Tourism and Hospitality Melanie Smith, Laszlo Puczko, 2014-02-03 Health, Tourism and Hospitality: Spas, Wellness and Medical Travel, 2nd Edition takes an in-depth and comprehensive look at the growing health, wellness and medical tourism sectors in a global context. The book analyses the history and development of the industries, the way in which they are managed and organised, the expanding range of new and innovative products and trends, and the marketing of destinations, products and services. The only book to offer a complete overview and introduction to health, tourism and hospitality this 2nd Edition has been updated to include: • Expanded coverage to the hospitality sector with a particular focus on spa management. • New content on medical tourism throughout the book, to reflect the worldwide growth in medical travel with more and more countries entering this competitive market. • Updated content to reflect recent issues and trends including: ageing population, governments encouraging preventative health, consumer use of contemporary and alternative therapies, self-help market, impacts of economic recession, spa management and customer loyalty. • New case studies taken from a range of different countries and contexts, and focusing on established or new destinations, products and services such

as: conventional medicine, complementary and alternative therapies, lifestyle-based wellness, beauty and cosmetics, healthy nutrition, longevity and anti (or active)-ageing, amongst others. Written in a user friendly style, this is essential reading for students studying health, tourism and hospitality.

wellness in karlovy vary: Refugee and migrant health system review: challenges and opportunities for long-term health system strengthening in Czechia World Health Organization, 2024-03-02 Following the Russian Federation's invasion of Ukraine in February 2022, Czechia encountered an unprecedented arrival of refugees from Ukraine, mainly women and children. This situation posed a new set of challenges. As of July 2023, 65% of these refugees have chosen to stay in Czechia, primarily in Prague and the Central Bohemian Region. Integrating refugees into the education and health systems, already strained by the coronavirus disease (COVID-19) pandemic, is crucial. Those with protection status face challenges such as income poverty, employment, language barriers and housing issues. Czechia has a legislative structure for migrants and asylum seekers. In response to the Temporary Protection Directive from the European Commission, Czechia activated three acts in what is known as the Lex Ukraine and established temporary protection status primarily for foreign nationals fleeing the Russian invasion. This move offered full public health insurance coverage at no initial cost. World Health Organization (WHO) and the Czech Ministry of Health (Ministerstvo zdravotnictví) conducted a joint review mission to provide a comprehensive overview of the health system's response, with the aim of understanding service delivery challenges and identifying opportunities to further support Czechia in strengthening health system capacity and ensuring continued access to health services for refugees and host communities.

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wellness in karlovy vary: *Radiation and Health* Thormod Henriksen, 2002-09-05 Radiation and the effects of radioactivity have been known for more than 100 years. International research spanning this period has yielded a great deal of information about radiation and its biological effects and this activity has resulted in the discovery of many applications in medicine and industry including cancer therapy, medical diagnostics

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Won Sop Shin, Andreas Michalsen, 2019-10-16 The first International Handbook of Forest Therapy defines the scientific domain of this innovative, evidence-based and timely public health approach. More than 50 authors from around the world are brought together to offer their expertise and insights about forest therapy from a variety of research perspectives. The theoretical discussion of the effects related to the biophilia hypothesis presented here is complemented by research results compiled across the last three decades in the fields of forest medicine and biochemistry from Asia. The book also highlights the latest developments with regards to forest therapy in a number of different countries, ranging from China and Australia to Germany and Austria. The handbook constitutes a major milestone in research in this field. It sets the baseline for forest therapy to be implemented worldwide as a powerful and financially prudent public health practice.

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wellness in karlovy vary: Mental Health Services in Europe Brimblecombe Neil, Peter Nolan, 2023-01-20 Worldwide, mental health problems are set to become the second greatest threat to health by the end of the next decade. The European Union has identified mental health problems as a growing concern, although there is great variation within EU countries with respect to patient numbers and the range of facilities available to them. Historically, EU mental healthcare services have been analysed using measurable aspects of care provisions such as throughput, costs and outcome measures. Little is known of the experiences, perceptions, beliefs and values of those accessing and providing services. This enlightening new book adopts a very different approach. With a particular focus on nursing, it examines and critiques the state of specialist mental health services in nine EU countries - Czech Republic, Finland, Ireland, Greece, Luxembourg, Netherlands, Germany, United Kingdom and Portugal. Each chapter focuses on a single country and ascertains existing services, their development, the treatments and care provided, factors preventing better service delivery, and suggestions for improvement. A rich pattern of differences emerge and comparisons can then be drawn. It also explores the emergence of an EU mental health identity in regards to selection of mental health personnel, their training and education, and the range of services they provide. Healthcare professionals and students with a particular interest in mental health issues (especially those with an interest in international approaches) will welcome the fresh analysis. It provides vital new information for European policy makers and shapers, voluntary sector personnel, and service users and the organisations representing them.

wellness in karlovy vary: **The Routledge Handbook of Health Tourism** Melanie Kay Smith, László Puczkó, 2016-11-10 The Routledge Handbook of Health Tourism provides a comprehensive and cutting-edge overview of the philosophical, conceptual and managerial issues in the field of health tourism with contributions from more than 30 expert academics and practitioners from around the world. Terms that are used frequently when defining health tourism, such as wellbeing, wellness, holistic, medical and spiritual, are analysed and explored, as is the role that health and health tourism play in quality-of-life enhancement, wellbeing, life satisfaction and happiness. An overview is provided of health tourism facilities such as thermal waters, spas, retreats and wellness hotels and the various challenges inherent in managing these profitably and sustainably. Typologies are given not only of subsectors of health tourism and related activities but also of destinations, such as natural landscapes, historic townscapes or individual resources or attractions around which

whole infrastructures have been developed. Attention is paid to some of the lifestyle changes that are taking place in societies which influence consumer behaviour, motivations and demand for health tourism, including government policies, regulations and ethical considerations. This significant volume offers the reader a comprehensive synthesis of this field, conveying the latest thinking and research. The text is international in focus, encouraging dialogue across disciplinary boundaries and areas of study and will be an invaluable resource for all those with an interest in health tourism.

wellness in karlovy vary: The Geoheritage of Hot Springs Patricia Erfurt, 2021-04-24 The aim of this book is to provide an overview of topics related to the extensive geoheritage of hot springs, their natural environments, and their integration into commercial and industrial functions. The eleven chapters explore aspects of historical and cultural traditions, geology and geochemistry, research updates, conservation issues and of course health, wellness, and recreation throughout time. Because natural hot springs and active hydrothermal areas play a significant role in the tourism industry, visitor expectations are examined together with an assessment of common hazards and potential risks in active hydrothermal environments, along with recommendations how to stay safe. For the purpose of showcasing certain unique features, to share noteworthy events and developments or to identify concerns associated with the sustainability of natural water source, examples of particular hot spring areas are included in several chapters. One chapter is also dedicated entirely to the protection of natural hot springs and raises awareness for conservation, while another chapter reviews the history of hot springs in great detail to establish a realistic and justifiable timeline of their original use. Lastly, the significance of natural hot springs for various tourism sectors is analysed and the potential for sustainable future destination development in rural and remote regions is discussed. Many locations were considered and invite the reader to use the information as a reference point in the quest to further explore the remarkable natural and cultural geoheritage of hot springs worldwide.

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wellness in karlovy vary: History of the Health Foods Movement Worldwide (1875-2021) William Shurtleff; Akiko Aoyagi, 2021-07-31 The world's most comprehensive, well documented, and well illustrated book on this subject. With extensive subject and geographic index. 205 photographs and illustrations - many color. Free of charge in digital PDF format.

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wellness in karlovy vary: OECD Health Policy Studies Geographic Variations in Health Care What Do We Know and What Can Be Done to Improve Health System Performance? OECD, 2014-09-16 This report helps policy makers better understand the issues and challenges around geographic variations in health care provision and considers the policy options.

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into a longer trip Must-see highlights and unique experiences: Admire Prague's intricate Gothic architecture, stroll the grand halls of Schönbrunn Palace, and climb the winding staircases to a magnificent view at Fisherman's Bastion in Budapest. Relax to classical music where Beethoven composed his masterpieces or soak in the healing waters of a natural thermal bath. Bike alongside ruined castles, vast vineyards, and the banks of the Danube in the Wachau Valley. Wander through the largest art history museum in Austria and admire ancient Egyptian frescoes, Renaissance and Baroque paintings, and various antiquities Savor local flavors: Sip a Mélange in a cozy Viennese coffeehouse or a foamy pivo in a sunny beer garden. Snack on hearty sausage, classic schnitzel, or peppery goulash. Satisfy your sweet tooth with flaky honey cake, rich Sachertorte, and cinnamon sugar trdelník Ideas for side trips from each city, including Liberec, Danube Bend, Lake Balaton, and the Kutná Hora Bone Church Expert insight from Budapest local Jennifer Walker and Prague local Auburn Scallon Full-color photos and detailed maps throughout Background information on the landscape, history, and cultural customs of each city Handy tools such as visa information, Hungarian, German, and Czech phrasebooks, and tips for traveling with children or as a senior, solo female travelers, and LGBTQ+ travelers Experience the best of these three cities at your own pace with Moon Prague, Vienna & Budapest. Exploring more of Europe's top spots? Check out Moon Rome, Florence & Venice or Moon Portugal. About Moon Travel Guides: Moon was founded in 1973 to empower independent, active, and conscious travel. We prioritize local businesses, outdoor recreation, and traveling strategically and sustainably. Moon Travel Guides are written by local, expert authors with great stories to tell—and they can't wait to share their favorite places with you. For more inspiration, follow @moonguides on social media.

wellness in karlovy vary: Agent Running in the Field John le Carré, 2019-10-22 “[Le Carré’s] novels are so brilliant because they’re emotionally and psychologically absolutely true, but of course they’re novels.” —New York Times Book Review A thrilling tale for our times from the undisputed master of the spy genre Nat, a 47 year-old veteran of Britain’s Secret Intelligence Service, believes his years as an agent runner are over. He is back in London with his wife, the long-suffering Prue. But with the growing threat from Moscow Centre, the office has one more job for him. Nat is to take over The Haven, a defunct substation of London General with a rag-tag band of spies. The only bright light on the team is young Florence, who has her eye on Russia Department and a Ukrainian oligarch with a finger in the Russia pie. Nat is not only a spy, he is a passionate badminton player. His regular Monday evening opponent is half his age: the introspective and solitary Ed. Ed hates Brexit, hates Trump and hates his job at some soulless media agency. And it is Ed, of all unlikely people, who will take Prue, Florence and Nat himself down the path of political anger that will ensnare them all. Agent Running in the Field is a chilling portrait of our time, now heartbreaking, now darkly humorous, told to us with unflagging tension by the greatest chronicler of our age.

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places where joy resides. Come away with new understanding of life and how its beauty and powers make us inwardly hum, how gardening or stargazing, touching something wild, listening to the sounds of silence, learning and loving, just simply being, all feed our emotional wellness and craving for joy. - Meet and read the personal reflections of over 40 artists and individuals from 20 states, Canada and Australia who share the ways and places in which they found fulfillment or simple contentment in life. - Find nuggets of insight, supportive research and notable quotes that will help illuminate your own sweet spots of life. - Stretch your mind and nurture your creativity through more than 150 listings and links to actual places, activities and resources for turning the discovery of joy into an everyday affair.

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wellness in karlovy vary: **Handbook of Student Travel in Europe** International Confederation of Students. Commission for International Relations and Travel, 1927

wellness in karlovy vary: *Discovering Czechia* William Jones, 2023-07-24 Embark on an enchanting journey through the heart of Europe with *Discovering Czechia: A Traveler's Guide* by acclaimed author William Jones. Immerse yourself in the rich tapestry of Czechia, a land where history whispers through ancient castles, nature unfolds in breathtaking landscapes, and culture resonates in the melodies of classical music. This meticulously crafted guide is not just a handbook; it's an invitation to explore the soul-stirring allure of a destination that seamlessly blends tradition with modernity. In this captivating travelogue, Jones takes you beyond the well-trodden paths, offering a personalized narrative that goes beyond the typical tourist experience. From the iconic spires of Prague to the hidden gems of Moravia, each chapter unfolds like a chapter in a traveler's diary, infused with the warmth of personal encounters and the excitement of discovering hidden corners. Delve into the architectural marvels of Prague, where every cobblestone street tells a tale of Bohemian history. Traverse the Bohemian Paradise, a natural masterpiece that captivates with its verdant landscapes and towering rock formations. Experience the living fairy tale of Cesky Krumlov and indulge in the spa town extravagance of Karlovy Vary. From the historical richness of Kutná Hora to the wine country of Moravia, Jones paints a vivid picture of Czechia's diverse landscapes and cultural treasures. Uncover the hidden gems of Olomouc, savor the beer culture in Pilsen, and conquer the majestic peaks of the High Tatras. Explore the dynamic Moravian capital, Brno, and pay homage to history in Terezín. Jones unravels the mysteries of Český ráj, the Bohemian Paradise, and guides you through the gateway to wine and nature in Mikulov. Discover the architectural harmony of Telč and the captivating beauty of Mikulov. As you turn the pages, Jones invites you to a gastronomic odyssey through Czechia. From traditional dishes that resonate with centuries of culinary heritage to street food adventures in the vibrant markets, every chapter is a feast for the senses. Indulge in the richness of Czech wine culture, raise a glass in historic taverns, and explore the culinary festivals that celebrate the nation's food culture. The journey doesn't end with landscapes and flavors; it extends into the heart of Czech culture. Jones introduces you to the vibrant music scene, the dynamic art world, and the festivals that bring communities together. Beyond the tourist gaze, *Discovering Czechia* becomes a personal exploration, a tale of connections made with locals, and a celebration of the intangible magic that makes travel an enriching experience. In the final chapter, the epilogue, Jones weaves together the threads of your journey, reflecting on the history, landscapes, culinary delights, and personal connections that define Czechia. It's more than a travel guide; it's a narrative that lingers, inviting you to revisit the

memories, plan new adventures, and keep the spirit of discovery alive. Discovering Czechia: A Traveler's Guide isn't just a guidebook; it's your passport to an immersive and unforgettable experience in one of Europe's most captivating destinations. Join William Jones on this literary voyage and let the magic of Czechia unfold before your eyes. Your adventure awaits – are you ready to discover Czechia?

wellness in karlovy vary: Czech Republic in Pictures Stacy Taus-Bolstad, 2003-01-01
Describes the geography, history, government, economy, people, and cultural life of the Czech Republic.

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